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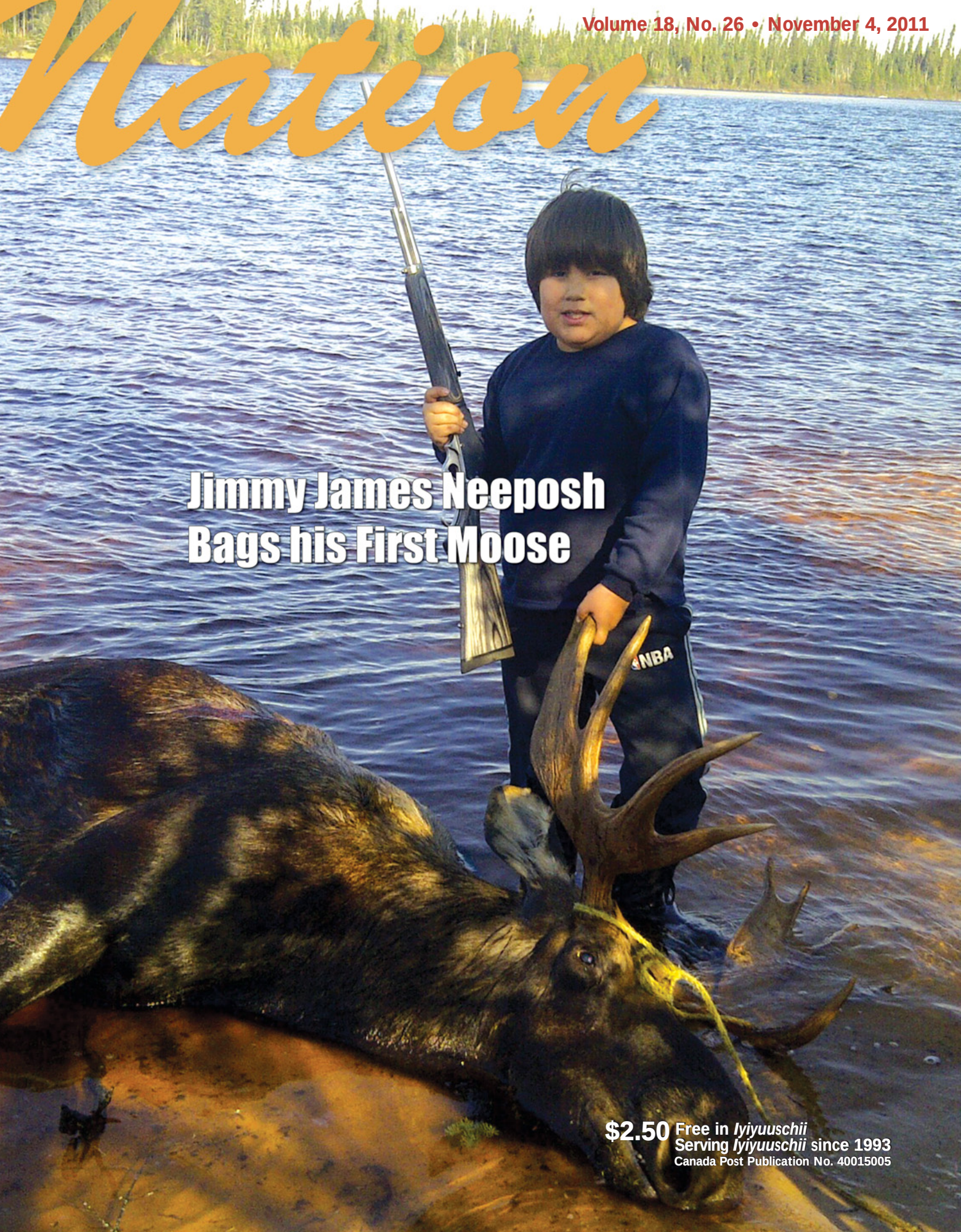
Nation



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Individuality

By Will Nicholls

A man once wrote those who control our knowledge of the past controls the present and therefore define the future.

Within the Cree world we are subject to more than the tales and legends of our people. We are overwhelmed with tales, legends and histories that are not our own and whether or not we realize it we are influenced by them.

In Cree stories, the hero(ine) overcomes a being that harms people. Rarely is there an overall theme involving an entire people as a focal point.

In mainstream society one only has to look at today's movies where, for example, Captain America takes on the evil Axis powers and then Hydra. Even where you have individual evildoers they have followers. Past tales tell of Robin Hood and his Merry Men against King John and his minions, for example. These tales superseded the battle of individual against individual in past fables and fairytales.

In Cree mythology and tales it is rare to see this type of grouping of evil. It's recognized that evil or bad actions are purely an individual choice. It is a truism and we can all acknowledge that. Not every German was responsible for the Holocaust in WWII. Looking at this world we live in, we must all realize that we are human and individuals. Today, evil can be done by individuals just as great good can be done, but somehow it becomes faceless as they are a part of a group or organization.

Within the Cree world we have been shown individuality is no longer as great a part of our way of life as it was in the past. The idea of nationalism and the mentality that results from its wellspring has invaded our society. One can see early roots of this in the residential school system, Indian Affairs, the RCMP and Hydro-Québec.

When Hydro-Québec came to the Eeyou Istchee, Crees rose to the challenge but it began with individuals. Crees remember the Project of the Century and those who acted to protect them. By the time Hydro-Québec's Great Whale Project was introduced, Crees started to understand nationalism as Hydro-Québec wrapped itself in the flag of Quebec. Individual Crees still rose to the challenges and successfully fought that battle individually and as part of the Grand Council of the Crees.

But this has changed as individual wrongness has been replaced by the concept of wrongness arising from merely being associated with a certain group. Perhaps the best example of this were the attacks on individuals during the Paix des braves on both sides. Concerns and explanations were met with derision by a group mentality that resulted in eroding individuality while furthering nationalist methodologies and mentalities. This is just one of many examples that have ensured Cree individuals fighting against what they feel is wrong happens less and less, even though it was an integral part of the traditional Cree way of life.

These influences affect us today even as the telling of Cree legends and ways-of-life lessons have become less than in past years. Their loss is felt and as a people we need to regain and promote them. We need strong individuals to rise up and right wrongs as was done in the past. Without it the Cree future looks bleak indeed.

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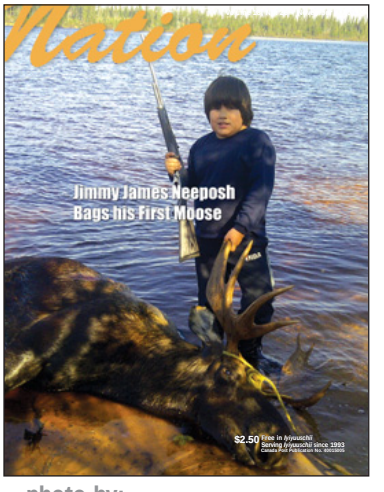

photo by:
Sophie Gunner

Mayor, Host, Hizzonner

By Sonny Orr

I happened to be down in our favourite place to hangout on weekends, yes, Val-d'Or. And it just so happens that over a span of three weeks and three round trips, I had stayed in several hotels in the area and on each trip, I met Hizzonner, Mayor Fernand Trahan. You see, Hizzonner and I go a back to the days before Crees owned hotels or anything for that matter – besides AirCreebec and Cree Construction.

In those days, Hizzonner was an entrepreneur, who welcomed visitors from the North. He even went on a great adventure using one of the most versatile machines ever invented – the intrepid Argo, the eight-wheeled wonder of the world. In case you're not up on your Greek mythology, the Argo was the ship that was used for numerous adventures, involving gods and other odd creatures that battled the hero. Of course, the hero always won, otherwise there would be no story to pass down as legend.

I often wondered why Hizzonner made such a trip, other than perhaps a midlife crisis. But I suspect he did it just to meet the people of the North. The very people who stayed in his fine hotel in Val-d'Or returned the hospitality when he arrived at the northernmost tip of Quebec in the land of the Inuit. After looking at photos of Hizzonner's frozen, bearded face, I came to know this man who always welcomed me to his place.

Today, we do a lot of business and have even gone into partnership with this man. His big back slaps and huge smile always made me feel welcome to my old stomping grounds deep in the heart of Abitibi. Of course, there was always the question of whether or not I still wrote for the Nation, of which, I am proud to tell him, yes, of course.

Of what I know of Hizzonner, he may have come from a background completely different from what we experienced growing up in the North, but, in many ways, we share a common bond, the love of the lands that make up this great country of ours. Perhaps, this is his calling card to us as a people and to me as a friend.

One day, when I go back to Val-d'Or, I will treat the man of the hour with grateful respect and I promise not to bother him again about fixing my parking ticket, which I always ask him to do for me. But he won't break any rules, even though it may cost two bucks, it's still breaking the rules of engagement. It may also be related to the basic rule that a penny saved is a penny earned, but he quickly reminded me that if you can prove that you come from outside of Val-d'Or, you can always get a free parking pass from the tourism office on the south side of town. When you look at things in perspective, the Nation costs two dollars too, so maybe we can exchange magazines for parking tickets and call it even.

Finally, he mentioned in passing that the newest hotel in Val-d'Or had received not one, but two prestigious awards within the first eight months of operations. I noted that it was always full, so I guess we are in good hands when it comes to this partnership. How about spreading out to the communities and making a top-notch hotel in each one?

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He got game

Eight-year-old Jimmy James Neeposh downs his first moose

By Akiva Levitas

In this day and age, growing up in the world can get a bit dizzying with the speed things are moving and how connected everything is becoming. It is even more so, when growing up and balancing the responsibilities of Native tradition and culture with the hectic life of modern times.

So on the morning of October 8, eight-year-old Jimmy James Neeposh of Mistissini killed his first bull moose making his parents, Daryl Neeposh and Carmilla Gunner, incredibly proud. But that's not all, Jimmy also plays hockey and recently won in the Canadian National Armwrestling Championships in early September.

His father, Daryl, is the one who introduced him to arm wrestling and is coaching him in hockey. Aside from all of that Jimmy is in school and plays video games like most youth.

He was out hunting with his grandparents, Matthew and Sophie Gunner, on their territory situated by the Temiscamie River. At around 10 am, he got his first big game kill. All it took was one shot from his 30-30 rifle to take down the moose.

His grandfather Matthew is training and guiding the young boy to become a successful hunter and trapper like his great-grandfathers who have all passed on. He has such good aim for a young boy. His grandmother Sophie said that when they go skeet shooting Jimmy makes her proud with his skill and is definitely better than her.

Jimmy also likes to participate in public meetings about the protection of traditional hunting lands from road construction and exploratory mining. In his last meeting, Jimmy made his grandmother tear up when he posed an innocent question to the council. He asked, "Why do people of mines and governments show disrespect for the land and we, children, are told to be respectful to everyone including the land." The council responded that they will do their best to protect the land.

photo by Sophie Gunner

Jimmy James learning to clean a big game kill

That is the knowledge his Elders have passed on to him. When he talks about his traditional lands, Jimmy speaks as if he is talking about a person and not a place. His respect for the land is heart-warming as it shows how the next generation is listening and learning from their Elders.

Jimmy will have his grand feast to celebrate his first kill and his blessings from the Creator now that he is a good provider at such a young age. For now, he will continue going to school and hockey practice, but he will also be learning from his family how to hunt and trap.

Though Jimmy is only eight, he has accomplished quite a bit for his age. It is a good thing to see him learning the values and defending them because down the line he is the future of his community. With success this early, we can only wait and see what the next generation is capable of accomplishing.

"AT AROUND 10 AM, HE GOT HIS FIRST BIG GAME KILL. **ALL IT TOOK WAS ONE SHOT FROM HIS 30-30 RIFLE TO TAKE DOWN THE MOOSE.**"

photo by Sophie Gunner

Jimmy James with his Grandfather Matthew

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Grand Opening Celebrations June 2012

Marrying sports and studies

Cree Student-Athletes excelling on the ice and in the classroom

By Daniel Coyle

Alexander Hester, a sixteen year-old hockey player from Waskaganish, is off to a fast start this season. But that fast start has not only been on the ice, it has also been in the classroom. Hester is one of over 1200 young hockey players who are part of the Quebec Ministry of Education's Sport-études Program.

The Sport-études Program is designed to assist student-athletes continue their athletic development at an elite level while continuing to achieve at a high level in the high school classroom. While Sport-études programs are available for student-athletes in a number of sports, the largest group of athletes participating is hockey players.

The Sport-études Program works as a partnership between sports federations, local school boards and the Quebec Ministry of Education. In the case of hockey, the athlete is first required to try out and make the team. Once the player makes the team, the hockey club, with the assistance of the local hockey federation and Hockey Quebec, works with an area school to develop a curriculum and timetable for the student. The tailored curriculum and timetable enables the student-athlete to participate in a rigorous training, practice and game schedule while still leaving sufficient free time for the student to continue being a teenager.

For young Alexander Hester, this has meant leaving his home and family in Waskaganish to spend the school year in Amos, Quebec, where he attends school at the Polyvalent de la Forêt, while playing Midget AAA hockey with the Amos Forestiers.

"To play Midget AAA, you need to be going to school," said Gilles Beaumier, General Manager of the Amos Forestiers. "The players have a rigorous program. Each week, the team plays two games and take part in about twenty hours of practice. The rest of the time, the players are in school and if you do not have passing grades in school, you cannot practice."

Because Sport-études programs are often suited to meet the individual needs of the student-athlete, the programs are only available in schools where the necessary resources are available and then only when there is a sufficient number of student participants to make the program financially viable.

"Typically, the minimum number of student-athletes required for a Sport-études program to be started is twenty-five," said Jacques Blouin, a Sport-études program administrator with Hockey Quebec. "Every student in the program has tutors and teachers available to them to help them with everyday school work. In the case of First Nation students, language issues can arise if their French is not strong. In those cases, it is important for language tutors to be available so that the student can keep up."

Alexander's father, Charles Hester agrees.

"Sport-études is an excellent program. But it requires a big commitment by the student," said Charles Hester, Director of Recreation in Waskaganish and father of six children, three of whom have been involved in the Sport-études Program. "For many Cree kids, French is their third language. There are a lot of advantages to learning a third language, but when you go to a French high school for the first time, it can be very hard."

Alexander Hester of the Amos Forestiers. Alex is the third member of his family to play hockey under the Sport-études program.

"WE ARE TALKING WITH THE SCHOOL IN WASKAGANISH ABOUT DEVELOPING A PROGRAM THAT MARRIES SPORT WITH STUDIES. **THE IDEA IS TO USE SOMETHING THAT KIDS LOVE TO INSPIRE THEM TO DO MORE SCHOOL WORK.**"

Deverick Ottereyes of the PEI Rocket of the QMJHL is a graduate of the Sport-études program in Amos, Quebec.

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"Alex Hester is not the first Cree player we have seen," said Beaumier. "His brother Brett played with us and we had two other Cree kids in the Sport-études program last year. It is a good chance for the kids. We speak French on the ice and when the kids make the effort in French we see big changes."

Sport-études, a unique concept in Canadian education, has proven to be successful with 92% of program participants passing their classroom courses last season; 22% above the provincial average.

"It is the best academic option for young hockey players to succeed. The workload is heavy but it is also designed so that the student can have a social life. There are no practices at night, so students can study or spend time with their family or friends or even have a girlfriend," added Blouin jokingly.

While Sport-études programs are available in regions across Quebec, there are currently no programs available in any Cree communities. The biggest obstacle to the development of such programs in Cree communities is the absence of elite level hockey teams and other sports organizations. In addition, most Cree schools do not currently have the resources required to run a program.

"One of the big adjustments for Alexander going to Amos was adjusting to the big school," explained Charles. "When the school in Amos has more students than the whole population of Waskaganish, that can have an impact on a kid who has not spent much time away from home."

But that has not stopped efforts to develop a Cree-made Sport-études style program. Charles Hester, who has a strong track record of developing sports-oriented youth programs, including a hockey camp this past July that featured member of the Boston Bruins, is working on a concept called Sports Academy.

"We are talking with the school in Waskaganish about developing a program that marries sport with studies," explained Charles. "The idea is to use something that kids love to inspire them to do more school work."

In the case of Waskaganish, the launch of Sports Academy would coincide with the opening of the town's new hockey arena, scheduled in late 2012. The arena will enable young athletes to train and play at a number of sports.

"The new arena is a big investment, " said Charles. "We will be fortunate to have such a facility but we need to come up with creative ways to use the facility instead of letting it sit empty every afternoon."

Planning for the Sports Academy is still in the early stages and has not yet been presented to the Cree School Board for approval. However, if Charles Hester's experience guiding his sons through their Sport-études programs and with the support of School boards and nearby hockey federations, the Sports Academy may one day represent a sports/study model that school boards and sports federations across the country will seek to emulate.

Waswanipi signs predevelopment deal with Geomega Resources

The community of Waswanipi, the Grand Council of the Crees and Geomega Resources gathered the media at the Sheraton Hotel in downtown Montreal on October 20 to announce and sign an exclusive predevelopment deal for a rare-earths mining project at Montviel, near Waswanipi.

The development deal will see business and employment opportunities for the community as well as paves the way for Cree participation in the preparation of an Environmental and Social Impact Assessment for Montviel and any other related studies of that nature.

Considering that the Montviel property has the third largest rare-earths deposit outside of China, the project has incredible potential for the development of materials used in green technologies.

More info in the next issue of *the Nation.*

Residential schools not "genocide" according to John Duncan

During the announcement for an installation to commemorate the survivors of the residential-school system, Aboriginal Affairs Minister John Duncan stated that the residential-school system was not in fact an act of genocide but rather the product of an "education policy gone wrong".

According to the CBC, while Duncan admitted that had the system been allowed to continue it would have been "lethal" to Aboriginal culture, he simply does not see it as an act of cultural genocide.

Duncan made these statements despite the fact that from the 1840s to the 1990s Aboriginal children were forcibly removed from their homes by the RCMP and then transported to church-run schools where they were brutally punished for speaking their Native languages while being subjected to other verbal, physical and sexual abuse as well as very poor living conditions. While it has been documented that many children died attending residential schools, the exact number is unknown.

Duncan's statements may just be a matter of opinion as many experts have already argued that Canada's residential-school system by definition meets the UN Secretariat Convention on the Prevention and Punishment of the Crime of Genocide definition of cultural genocide.

COTA emerges with new board

According to a statement released by the Cree Outfitting and Tourism Association, a new board of directors has been elected as of late August at its most recent AGA held in Wemindji.

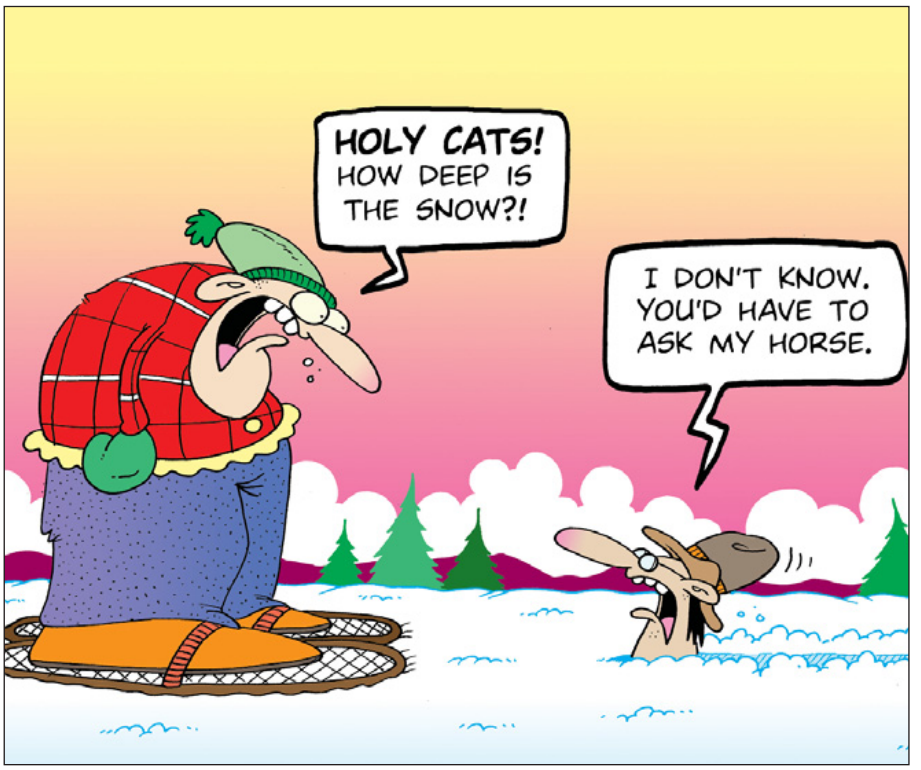
COTA's new board is as follows: Julie Ann Cooper, President; Joshua Iserhoff, Vice-President; Anna Bosum, Ouje-Bougoumou member; Redfern Mark-Stewart, Eastmain member; Titus Shecapio, Mistissini member; Joey Fireman, Chisasibi member; Roy Mamianskum, Whapmagoostui member; Raymond Blackned, Waskaganish member; and Roberta Georgekish, Wemindji member.

On behalf of the Nation, congratulations to the new board.

Corrections

In an ad for the Eeyou Eenou Police Force, appearing on the inside front cover of *the Nation* (Vol. 18, Issue 24; Oct. 7, 2011), the email address was incorrect. The correct address is: recruitment@eepf.ca.

In the article "Paint what you know" on page 24 of *the Nation* (Vol. 18, Issue 24; Oct. 7, 2011), the photo credit should have been: Omen514.com.



Comic strip courtesy of Tundra Comics: www.tundracomics.com

feature

The disease remains the same

Crees continue to suffer from diabetes despite the warnings

By Amy German

It is no secret that the instance of diabetes is significantly higher in Eeyou Istchee than in non-Aboriginal communities just miles away from Cree territory, but with the suffering so prevalent, why does this trend persist?

This was something that the Nation discussed with Sol Awashish, the Chronic Disease Prevention Program Officer for the Cree Board of Health and Social Services of James Bay (CBHSSJB), since November is Diabetes Awareness Month.

"We went from being nomadic hunters and fishermen for centuries and then in a timeframe of just 30 years we have settled into these communities. Many of us have jobs that don't require much physical activity or no physical activity at all.

"Instead of learning what healthy eating is, we tend to buy what is convenient and what is fast. From what I see, a lot of us just don't know how to cook healthy or know what to cook. And some of us just don't want to cook," said Awashish

Unfortunately, it is inactivity combined with a poor diet that has paved the way for so many Crees to become obese and in turn develop diabetes since many already have two genetic factors against them. According to Awashish, many Crees have family histories of diabetes, leaving them predisposed to the disease and then there is the fact that all Indigenous peoples in North America hang on to calories more rigorously. This has come as a result of thousands of years of Native people subsisting on hunter/gatherer diets, which was either feast or famine.

Whereas having historically "thrifty metabolisms" (an ability to conserve more energy than the average person) is what has been essential to the survival of Indigenous peoples, a mere 30 years of transition time to adapt to a typical western diet simply has not been enough.

Diabetes is a major issue for Indigenous peoples living in developed nations worldwide as the rates are exploding amongst those who have seen rapid development.

The Cree are unfortunately typical of international statistics on Indigenous peoples and diabetes in that more than one in five Crees over the age of 20 has diabetes. According to information released by the CBHSSJB in 2009, the diabetes rate amongst the Crees in Eeyou Istchee is 21.4% – almost four times the rate of the general population of Quebec.

What Awashish says he sees going on in the communities in terms of family life is symptomatic of the problems Crees are facing, particularly amongst the women.

"The majority of the moms in our communities work and so they don't really have time to cook meals at dinnertime when the kids come home. It is much easier for them to hand their kids some money or go out and pick up something to eat," said Awashish.

And so, it is not unusual to see Cree kids heading off to the local restaurants with their friends or siblings to get something to eat for lunch or dinner or sometimes both. The problem however is that the judgment of this child or youth isn't always the best when it comes to meal selection and the choice is often high-fat, high-sodium poutine, washed down with a sweet beverage, like a soda or iced tea – both of which are very high in calories.

While Awashish admits that in moderation this kind of meal is innocuous, but having it more than once a week or once every two weeks is simply unhealthy. He said it's one thing to go to a restaurant with a child and show them what on the menu is healthy to eat but without adult guidance, kids are most likely going to pick what tastes good.

"So much of what we eat right now is processed and this is really the worst thing that we can eat. This is what people tend to buy as you don't need to be able to cook to eat processed foods. You just heat and serve," said Awashish.

As a result, families – even those with the best of intentions – may end up serving meals that they do not realize are unhealthy and the impact on their bodies is evident. When you compare the game stews that Gookum made 30 years ago to a frozen pizza or frozen chicken wings, the meals are worlds apart nutritionally. As a result, Crees are remarkably heavier and, in turn, sicker.

"INSTEAD OF LEARNING WHAT HEALTHY EATING IS, WE TEND TO BUY WHAT IS CONVENIENT AND WHAT IS FAST."

"What we are starting to see are third-generation diabetics. These are people whose grandparents have it, whose parents have it and now they have it and they are still young. We even have some in their 20s, who are on dialysis already and are going blind," said Awashish.

Because of the persistent obesity rates in the communities, Crees are continuing to get sick. Complications, such as kidney dysfunction, are common amongst diabetics because high blood sugar can overwork the kidneys, causing them to stop functioning properly.

From what he sees, it is not a matter of people needing to go on dialysis right away but just learning how to manage their disease so that they can avoid the eventuality.

Whereas he acknowledges that people can't do anything about the fact that they may be predisposed or have inherited metabolisms that make them more susceptible, Awashish said people need to tackle the factors they can change, such as their diets, activity rates and stress levels.

When diagnosed early, kidney disease can be slowed with treatment but later diagnoses can often result in kidney failure. Once the kidneys fail, frequent dialysis treatment or a kidney transplant are the patient's two major options when it comes to kidney replacement therapy.

"What we have seen in the past is more kidney dysfunction over other complications. In the general population, from the date of diagnosis until they start showing signs of complications, it usually takes about 20 years. However, in the Cree world, this usually takes about five years," said Awashish.

Because of the high rates of kidney related complications, Awashish stressed that those being diagnosed with the disease take it seriously and listen to the advice of their diabetes educators.

"A lot of us are living in denial as we think that this just isn't going to happen to us, even though we have seen it happen to our own parents. People will say, hey, that isn't going to happen to me," said Awashish.

Whether people are in denial or not, Awashish and his team have worked hard at trying to change the environment that Crees live in to make being healthier easier.

In 2010, the CHBSSJB launched a new diabetes campaign called Maamuu Nakahehtaau to get the communities together to create healthy environments that will promote physical activities.

"In the communities, there are not enough biking trails, walking paths and other things that bodies like the Chief and Council should be able to come up with," said Awashish.

At the same time, every community has its own recreation department that provides for local sports and recreation for its residents. While Awashish said he believes these departments are doing an excellent job, a large portion of their budgets often get spent on hockey, which he feels is too much.

With so much emphasis on hockey, other sports and activities have fallen by the wayside as the sport does not appeal to everyone on a physical level.

This wouldn't be such an issue if it weren't for the fact that the rates of diabetes amongst women are significantly higher than in men – 25.2% vs. 17.5%.

According to the CBHSSJB, this could be because women are more likely than men to be obese, become overweight at a younger age, and are less physically active.

While Awashish said some of the communities are starting to offer hockey programs for girls as well as broomball, he admits that it may not be enough to engage the female population. This is why he was so happy to see the Lemon Cree fitness programs take off.

In 2010, the Cree Women of Eeyou Istchee Association launched a physical fitness program through professional trainer Theresa Ducharme to start up fitness programs for women throughout the Cree communities.

Eighteen months later and in many communities the programs are still going strong while Lemon Cree has begun its own endeavour to teach Crees to become trainers.

"The first thing we have to do as Cree people is we have to take these matters into our own hands and stop depending on others to do it for us. That's the good thing about the Lemon Cree program, they are now training trainers and these people can go into the communities and work.

"This is really a good thing and we need more of it. There are a lot of other people out there who need encouragement to do things for the community," said Awashish.

And it is this kind of change in the communities that Awashish is most hopeful for, to get Crees moving and healthier once more.

Movin' bodies

Lemon Cree on exercising and what has worked in the communities so far

By Amy German

In the year and a half since the Lemon Cree fitness programs first reared their head in the Cree communities, founder and instructor Theresa Ducharme said she has seen a lot of change. At the same time she wants to remind all of you that exercise is for everybody.

"Some people feel that they are at a point beyond where they can exercise or do anything anymore. But everyone in every age group whether they are young or old, male or female, sick or healthy, everybody should exercise and that means movement," said Ducharme.

Ducharme's philosophy is that exercise is something that you can do for the mind and for the spirit to improve your overall health because when someone exercises they will feel good, see their body function better, improve their circulation and help develop muscle strength. Exercise also improves sleeping habits and can help to improve one's immune system.

"Mentally it just makes you feel better because you can get that pure adrenaline running and that will set off endorphins. Exercise can be like a natural anti-depressant pill.

"But it's when you don't exercise that your body starts to get weak and is no longer at ease and this is a time where disease can become part of your body. Your bones will become brittle and you will feel depressed, you will start to get arthritis and you will die earlier," said Ducharme.

It was in this vein that the Nation went to Ducharme and requested that she design a short workout that anyone of any fitness level can do, even someone who has not exercised in years, is obese or has been bed-ridden, provided that their doctor says that they are medically fit to exercise.

For those who find themselves in this situation, Ducharme recommends that you just start moving, even if it is just for

15 minutes per day. Alternately, you can also try the workout.

"This is just a start for somebody who has been laying in their bed a lot. They can get up from their bed for 15 minutes, hold on to a chair do these movements on the following few pages and just make that commitment to yourself.

"That is the hard part, the commitment, turning that thought into a behaviour and that behaviour into a routine. That is the part that's tricky and so you have to make that commitment from within yourself to do that," said Ducharme.

In terms of her own fitness courses, Ducharme has seen programs take off in several of the Cree communities.

What started out as a healthy body, healthy mind initiative by the Cree Women of Eeyou Istchee Association for Ducharme to start up programs in each of the communities has taken on new life as the association was only available to provide for the start-up.

Communities like Mistissini, Oujé-Bougoumou and Waswanipi managed to obtain funding through their own recreation departments to run Bounce Fitness courses through their own community members. While Nemaska has Ducharme come in regularly to run programs, they have also begun to offer a second program, Power Fit (a combination of strength training and cardio) to their community.

"Having a community just take control of that is what makes the difference and that's what has been happening," said Ducharme.

Lemon Cree is also in the process of certifying several new trainers who will be capable of running both the Bounce Fit and Power Fit programs in the communities to keep this Cree-born fitness trend going, something that wouldn't have existed without Lemon Cree.

At the same time, while each of these programs is ruvnning successfully, teaching groups of about 20 or under per community, more is needed to see the overall wellness of the communities improve.

"People tend to want what has already been successful there. They want to be in a social group, listen to good music, laugh, feel safe and they want to have a workout," said Ducharme.

At the same time she hopes that more programs develop to suit the needs of the people as not everybody wants to get fit the same way and she feels that it's the women who need the most support as they tend to have more sedentary jobs and less physically active lives.

With that in mind, Ducharme has been developing a Dance Fit course to appeal to younger females who tend to be more interested in hip-hop type dancing and in the long run she is also hoping to develop programs to appeal to Elders who have individually approached Ducharme.

But, whether these programs will make their way to the north is really up to the communities.

"I have seen a big difference in the past year. They are starting to have different kinds of exercise and I am glad that Lemon Cree was able to open that door even wider," said Ducharme.

A basic beginner's workout that anyone can do at home

By Amy German

If it's been ages since the last time you got up to do some basic exercises, there is no time like the present to start.

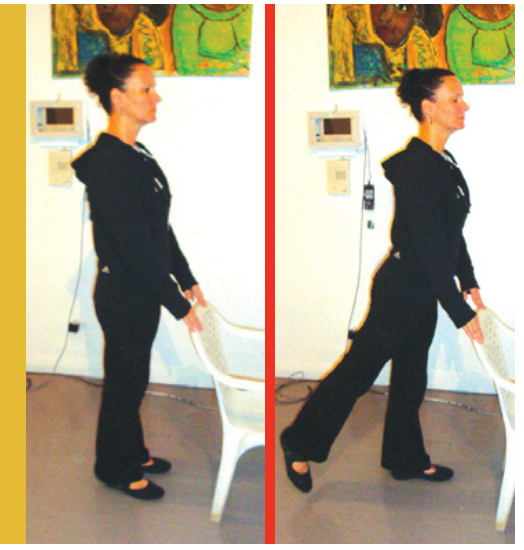
Unless you have been told medically that you are not to exercise, even the most out-of-shape individual can try this workout at home.

It was especially designed by the folks at Lemon Cree to help motivate those who have not been active in some time to start exercising again.

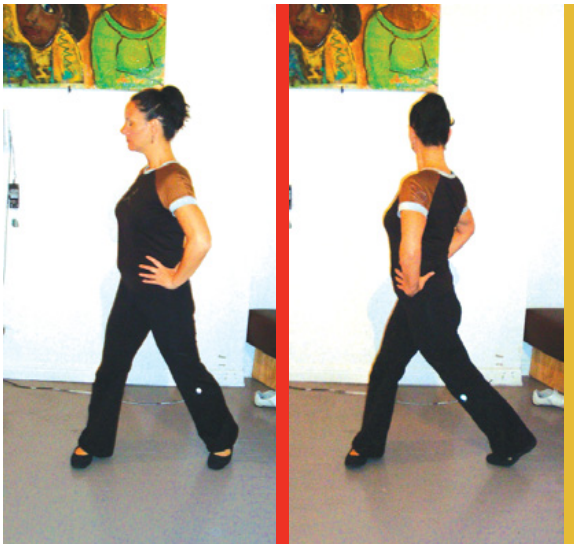
Please note: If you feel uncomfortable, you should be able to breathe through this. However, if begin to experience pain or dizziness, please stop immediately!

1) Balanced knee raise • Stand on one leg and raise your knee as high as you can in front of you while keeping the leg bent. Hold for 2 seconds and release.10 repetitions per leg. As you improve, work you way up to 20. (At first you may need to hold on to a wall or a chair.)

2) Balanced side kick • Stand on one leg and raise your heel to the side. Hold for 2 seconds and return to the middle. 10 repetitions per leg. As you improve, work you way up to 20. (At first you may need to hold on to a wall or a chair.)



3) Kick backs • Slightly raise heel and hold for 3 to 5 seconds ttkeeping the back straight.10 repetitions per leg. As you improve, work you way up to 20.



4) Side twist • Slow rotate to the left, hold for 2 seconds. Then rotate to right and hold for 2 seconds.10 repetitions per side. As you improve, work you way up to 20.

5) Side bend and reach • Slowly bend to the side with arm extended towards the ceiling. 10 repetitions per side. As you improve, work you way up to 20.

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Musical recognition

Teweikan awards show highlights the large talent pool of Native musicians in Quebec

By Akiva Levitas

On October 8, the Société de communication Atikamekw-Montagnais (SOCAM) and its spokesperson, Florent Vollant, hosted the first Teweikan Music Gala at the Cabaret du Capitole in Quebec City. This is the first time that an event like this was held to honour First Nations, Inuit and Métis musicians in Quebec and Labrador.

SOCAM is a non-profit organization which was formed in order to promote Aboriginal languages and culture by offering different services to the region. The event was organized by SOCAM with the support of the Quebec government which provided a $21,500 grant.

In total there were eight awards handed out. Of the eight, the Public's Choice Award and the New Native Talent Award were presented by Quebec's Minister responsible for Native Affairs Geoffrey Kelley.

Kelley remarked how the first edition of Teweikan was a success in promoting First Nations and Inuit culture by showcasing and rewarding the local talent with more visibility. He said, "I hope that Teweikan will become an event that everyone interested in culture in general and Aboriginal culture in particular marks off on their calendar."

The award itself is a bronze Native drum sculpture on a granite base plus a $1,500 grant for each of the winners for a total of $12,000 being given away.

Seven of the categories were voted on by a jury and the Public's Choice Award was voted on by the public via the SOCAM website. The jury consists of members from the three main Aboriginal communications organizations in Quebec: SOCAM representing the Atekamekw and Innu; Tarqamiut Nipingat Inc (TNI), the Inuit radio production group; and the James Bay Cree Communications Society (JBCCS).

The winners were picked from a total of 55 nominees from across Quebec and Labrador. Although all of them deserve recognition, there were only eight awards to hand out. Here are the winners:

Folksinger Philippe McKenzie won the Best Song in a Native Language with Innu, while Shauit's Shapatesh Nuna picked up the award for the Best Song of 2011.

The Best Album Award went to rapper Samian for Face à la musique and the winner of the New Native Talent Award was Laura Niquay for her song Kakinkwantcioc. The Public's Choice Award was given to Denis Chachai, an Atikamekw from Opitciwan, while Elisapie Isaac was awarded the Ambassador Prize for her broad recognition amongst the Canadian public.

The Aboriginal Radio Choice award was given to Pakesso Mukash and Mathew Iserhoff of CerAmony.

The Tribute Award for an artist who inspired the next generation was bestowed on René Wezineau.

SOCAM general director Bernard Hervieux said he approached Radio-Canada who were interested in taping the event but couldn't change its programming because the proposal was made on such short notice to accommodate it.

The next Teweikan Music Gala will be held in 2013. The plan for the next gala is to have it televised and broadcast by Radio-Canada on its ARTV channel. Also, more categories will be added to the line up, including one for best traditional music, in order to encourage more artists to submit their work.

The reason why the gala will be held every two years is that the artists have a chance to work on their new projects without having too much pressure on them. Hervieux said, "We wanted to give them some time to breathe because it takes awhile to produce an album."

This extra year to work on music will add more depth to the next gala and allow more aspiring Aboriginal artists to be nominated.

Elisapie Isaac

Philippe McKenzie

With close to 60 nominees to pick from this year, the Teweikan Music Gala was full of talent. This attention given to the Native artists of Quebec and Labrador will certainly benefit Aboriginal culture and encourage the next generation of Native musicians.

Native images

ImagineNATIVE is doing an excellent job of promoting Indigenous culture

written by Irkar Beljaars photos by Irkar Beljaars and Michael Ruszczycki

The 12th annual ImagineNATIVE Film and Media Arts Festival took place in Toronto October 19-23 with great fanfare. The event, which promotes the latest Indigenous films, videos, radio and new media, began in 1998 and has become one of the most important Indigenous festivals in the world. It has provided a much-needed platform for the sharing of Indigenous works and connecting them with buyers and industry execs.

ImagineNATIVE, also known as the Centre for Aboriginal Media, continues to grow and reflect the needs and beauty of our culture. The organizers are determined to eliminate stereotypical views of Indigenous peoples through Indigenous cultural expression.

ImagineNATIVE kicked off on Wednesday, October 19, with an opening gathering presented by the Thunderbird Centre. There was the traditional opening prayer followed by a meet-and-greet before heading off to the TIFF Bell Lightbox to see the screening of On the Ice by director Andrew Okpeaha MacLean. This was followed by the opening night party featuring a great performance by A Tribe Called Red.

Over the next few days, there were many other events, including an artist talk and reception with Jason Edward Lewis on Thursday night and a curator talk and reception with Cheryl L'Hirondelle on Friday.

One of the highlights was Friday night's "A Discussion with Buffy Sainte-Marie", presented by the CBC and hosted by Wab Kinew. The Cree singer-songwriter, musician, composer, visual artist, educator, pacifist and social activist took the audience on a tour of her life, beginning with her groundbreaking musical career, her love for teaching, the Cradleboard Teaching Project and her many other projects.

The following night, Sainte-Marie put on an electrifying performance at the Phoenix Concert Theatre. Sean Conway and Lena Recollet opened for the icon, and both acts warmed up the crowd considerably before Sainte-Marie came in and blew the roof off. Her set-list included Little Wheel Spin and Spin, Universal Soldier and Up Where We Belong, plus Cho Cho Fire and No No Keshagesh from her most recent album.

Executive Director Jason Ryle was elated about this year's festival. "I'm happy beyond words. It was our largest festival ever and I'm so touched by the level of community support. Feedback for our programming and a new venue has been immensely positive. I thank everyone for coming out and making this the most successful ImagineNATIVE to date."

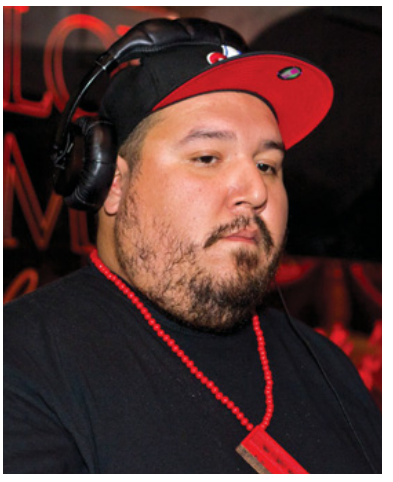
As a film festival, there was no shortage of great films at ImagineNATIVE. I was amazed with the level of talent that played on the screen day after day. Here is a sampling of some of them.

The Creator's Game

This documentary provided an in-depth look at the issue of the Iroquois Nationals being refused entry to the 2010 World Lacrosse Championships in England due to the lack of recognition given to their passports by the British government. The film was made by Candace Maracle, a member of the Tyendinaga Mohawk Territory in Ontario, as a Master's thesis. Not only does the film follow the team members, but it also tracks lacrosse stick making and the team's successful journey to the World Championships in Prague 2011, where they came second to Team Canada. Hearing the use of one of their traditional songs in place of a Canadian or American national anthem before the team played against Canada was one of the most stirring moments of the film, and represented their struggle for sovereignty that continues to this day.

International Spotlight on the Khoi San III

This package of shorts from South Africa told some fictional, some real-life stories of contemporary Khoi-San communities affected not just by colonization, but by the erasure of their culture from being categorized as Black South Africans and a collective loss of culture as a result. The Khoi-San struggle to find their identity while figuring out how to use what they have left of their heritage going forward in post-apartheid South Africa.



The Uprooted

Tales from the 1895 Maori forests to modern-day urban hip-hop and its role in the lives of youth play out in this profound collection of shorts. The first film, *OK Breathe Auralee,* explored the issue of knowing – or not knowing

– where you come from in order to know where to go with your future. Other shorts dealt with themes such as rejecting daily attempts at being defined by your skin colour or rediscovering your identity in tragedy. All of these shorts spoke to the struggles of identity and self-discovery.

Bran Nue Dae

This feature is a fabulous romp through 1969 Australia, from Perth to Broome. Combining the priesthood, a road trip, a VW van, bar fights, lots of mistaken identity and musical numbers, this irreverent film follows one young man's journey to find home, love, and acceptance...and his real dad.

The Tall Man

The story of Palm Island, a paradise with a dark history. It is the story of an Aborigine man who insults a police officer and is arrested, only to die 45 minutes later under suspicious circumstances. This tragic story about racism and hypocrisy within the Queensland police force proves that justice is still very hard to come by in this day and age. *The Tall Man* was preceded by a short documentary called *Woodcarver*, about John Williams, a totem carver who was murdered by a Seattle police officer in the middle of a public street. Filmmaker Bear Witness made the short as a comment about the casual brutality of it all and how life went on without anyone saying or doing much of anything about such a horrendous incident. Bear Witness is also a co-founder of A Tribe Called Red.

Saving Grace

This documentary, by the late Merata Mita, tells the story of Maori men in New Zealand – husbands, fathers and brothers who have battled violence in their lives. The story spans the different nations of the Maori men who learn to look within themselves and their culture to battle their inner demons and free themselves of the violence that has plagued their lives. This is a truly beautiful film with stunning scenery and powerful stories that I believe anyone who has anger issues should see.

Every Emotion Costs

Darlene Naponse's feature film focuses on two sisters returning to the Rez after the death of their mentally unstable mother. They are reunited with their younger sister, supportive aunt, violent father, old friends, love interests and the community at large. Their homecoming makes the women confront their tumultuous shared path and the things they have done to hurt each other as they sought to escape the shadow of an abusive household. The film offered a wrenching glimpse into the fallout caused by unstable families, and the tragic choices many have to make in order to carry on with their lives, at the expense of their families and community.

The 12th annual ImagineNATIVE came to an end with the closing awards ceremony. The host for the second consecutive year was the flamboyant Billy Merasty, who proved that you can be a star and still be down-to-earth. The awards show brought the who's who of the Aboriginal arts scene, including Tantoo Cardinal and Alanis Obomsawin. Seeing the performances during the festival, I can assure you that the already excellent ImagineNATIVE is only going to get better.

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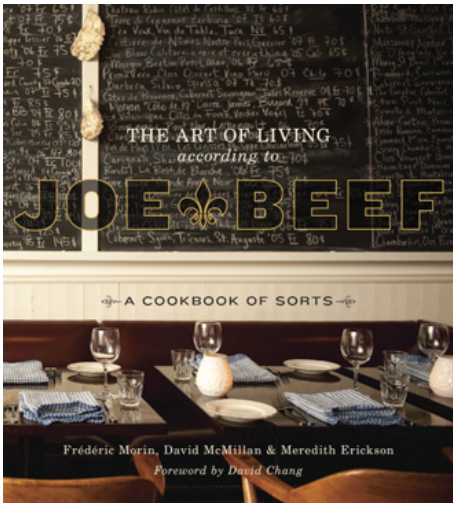
Wachiya!

Experts in a culinary lifestyle

Joe Beef goes beyond putting out the quintessential Montreal cookbook

written by Amy German photos by Jennifer May



It's hard to summarize just what *The Art of Living According to Joe Beef: A Cookbook of Sorts* is in terms of a cookbook, for no other Montreal, or for that matter North American, book that has been published really compares.

Put out by the team behind restaurants Joe Beef, Liverpool House and the McKiernan Luncheonette, chefs David McMillan and Frédéric Morin with Meredith Erickson, this no-holds-barred art-of-living guide offers so much more than 135 bold and brilliantly written recipes. The book also features large sections on Montreal history, a chapter devoted to Canadian train travel and train menus, the story of how they built three restaurants in one of Montreal's seediest neighbourhoods, and a section that is affectionately titled "Building a Garden in a Crack Den."

In terms of the latter, the title simply refers to how the restaurant was able to build a box garden on a back-lot that was once littered with trash, cigarette butts and drug paraphernalia and has since bloomed into something majestic that fuels the souls of those who tend to it as well as the restaurant's dishes.

Besides being an incredibly beautiful book on food and culture in Montreal and the surrounding regions, the book is also an invigorating read, laden with quirky facts and abounding in hilarious adages.

A prime example is found at the end of a recipe for Spaghetti Homard-Lobster. The final instruction for the dish is to "garnish with parsley and serve family style (turn on the TV and start fighting)."

Catching up with McMillan, *the Nation* was able to get a glimpse of what can be deemed as more of an experience than simply a cookbook.

"We are historically minded when we work. We are aware of history, time and place of what we are doing.

"The food is not copied; we are a lot older now and so we don't care what the chefs are doing in Las Vegas or NYC, we couldn't give a flying f**k. And so, because of perhaps not reading about current cooking scenes and not watching the Food Network, our food is taking a turn to authentic as opposed to the copied," explained McMillan.

In terms of the recipes, McMillan said the book is about the cooking of the Atlantic northeast and so there are lots of recipes for oysters, smoked fish, smoked eel and eel nuggets plus a great deal of French cooking so the book also features beef, liver and duck dishes.

At the same time, there are a lot of throwbacks to what was Montreal cuisine and the cuisine of train travel and so there is number of old hotel and train car menus published throughout the book.

While McMillan explained that in terms of recipe selection, the book reflects what is available and best to eat within a 1000-mile radius of Montreal, it also reflects how the city has had a dining scene for so much longer than the rest of North America.

McMillan said Montrealers have always been more "adventurous eaters", having eaten things like duck, goose, deer and moose.

"Even a somewhat uneducated family eats all kinds of awesome things because culturally we are adventurous eaters and we have a wide variety of amazing products because of our French and European history. In NYC there are these gorgeous restaurants that look like they have been there forever, but the most adventurous thing they have on the menu is beef.

"I asked the chef about liver and he told me that he couldn't give it away for free. So I asked him about rabbit and he said that they just wouldn't eat it. Then I said what about horse meat and he told me that he would have been run out of town. Meanwhile I sell loads of horse," said McMillan.

A true delight for anyone who fancies themselves a budding foodie or an all-out Cordon Bleu chef, The Art of Living According to Joe Beef features recipes that encompass Montrealers' love of smoked meats, passion for oysters and seafood and spirits while telling a series of stories on how these meals made it to the plate.

This isn't just a cookbook, it's an education and one incredibly worth indulging in.

Life can turn on a dime

by Steven Pashagumskum

On a beautiful Saturday afternoon on September 10, life was rolling out in typical fashion as we were doing odd jobs around the house, testing and replacing smoke detectors at our home in Orleans, and texting with my brother Eddie Pash about some words in our Cree language.

What was to happen in the next few moments has changed our lives forever.

In the ambulance on the way to the hospital, all I could think of was, am I having a stroke? In the next 12 hours I would undergo two CT scans, an electrocardiogram, an MRI, blood work and a whole myriad of tests. After the results were in, emergency-room doctors could not say definitively that I had a stroke.

As I became weaker, it was four days later on September 14 that a nurse in the Intensive Care Unit said the words, Guillain–Barré syndrome (GBS). What is that? I had never heard of that before.

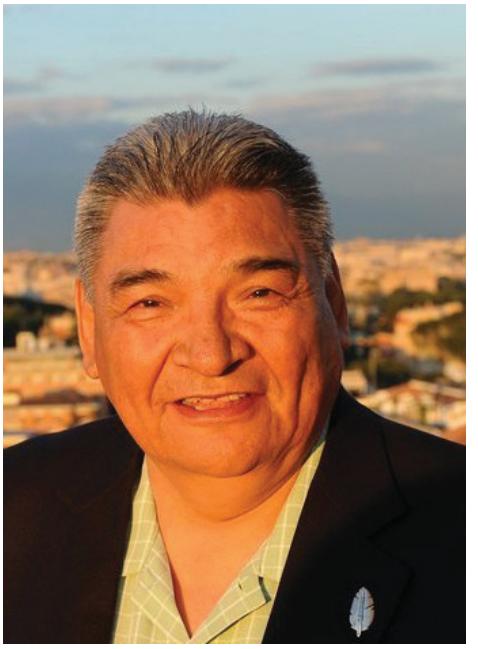
I have been struck with a rare disease that has no known cause and no known cure. One in 100,000 people will get this and by the way, it's not contagious. After two weeks in emergency and the ICU, I am now lying in a hospital bed with this rare illness that strikes with a vengeance.

Those around me quickly learned about this shocking disease. GBS takes about two weeks to detect. Unbeknownst to me, I was experiencing the initial symptoms when I was in Wemindji two weeks earlier. Feeling tired and chilled, I was sure I was catching a cold and excused myself from the COTA meeting to get some rest.

There was no easy way for the doctors to tell us about GBS. The body's auto-immune system aggressively attacks the nervous system and will continue to damage nerves until the entire body is paralysed. Without immediate treatment, GBS would be fatal. My life as I knew it became a race against time.

The only way to confirm the diagnosis was a spinal tap that was performed within the hour. A neurologist inserted a very long needle into my back at the base of my spine and removed fluid for testing. Confirmation of GBS came four hours later.

> "THERE ARE LESSONS TO BE LEARNED AND A POSITIVE SIDE THAT COMES FROM ALL OF LIFE'S EXPERIENCES. OVER TIME, I WILL LEARN WHAT THOSE LESSONS ARE AND HOW I WILL USE MY EXPERIENCE TO HELP OTHERS."



As I think about the warnings from the neurologist and other medical personnel of the long-term effects and how debilitating this disease could be, I was determined to tell my story to the Crees. This is just another unusual illness that has struck a Cree that can be put into the record books for future reference.

I have no idea how long I will be hospitalized. I know that while there is no cure, people do recover from this disease. I cannot walk now but I am determined to walk again. It may take three months, it may take three years.

My personal passions for being at work at Pash Travel, playing golf, attending ball games, cheering on the Senators at their games, these are all memories of the past (for now). Simple tasks will be a challenge and I will quickly see all of the things we take for granted.

The emotional side of healing will try to take its toll as I suddenly find myself in the world of the disabled confined to a bed. I take solace in the fact that the Creator never gives us more than we can handle.

There are lessons to be learned and a positive side that comes from all of life's experiences. Over time, I will learn what those lessons are and how I will use my experience to help others.

I am grateful for believing in the power of prayer and the support of family and friends.

I am grateful to my travel staff who continue to serve the Cree people in my absence. In honour of our Cree language, Pash Travel will soon be known as MAJIIDOW. That name seems appropriate now when you consider the circumstances I find myself in and what I have to do to get well.

At the beginning of September, I was sitting at the ball park in Val-d'Or, as I have done for so many years, enjoying the games, visiting and sharing stories with friends and relatives from up North.

As the saying goes, life can turn on a dime.

I know it will take a lot of physiotherapy and hard work but my determination is strong, I'll be back!

Wachiya !

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IMPRIMERIE NORD GRAPHIQUE

Hoop dreams

Fort Albany basketball program a slam dunk for town youth

By Daniel Coyle

Fort Albany, Ontario is a Cree community located about 200 kilometres north of Moose Factory. The community is only accessible by air, water or winter road and is known to many as one of the first posts established on James Bay by the Hudson's Bay Company.

However, Fort Albany is fast becoming known for something you might not expect from an isolated community of 800 people: developing young basketball players.

As a result of efforts led largely by Justin Sackaney, a counselor at Peetabeck Academy in Fort Albany and a hardcore basketball fan, the school launched a youth basketball program in 2006 which now involves 40 players, has earned multiple tournament championships and is steadily growing.

The 29-year-old Sackaney has taken a long road from his days as young boy in Timmins eager to travel and look for adventure to a basketball coach, educator and role model for the youth of this small town.

"Basketball came to me by accident," explains Sackaney. "I couldn't play hockey because the opportunity wasn't there. I was introduced to basketball in Grade 7 by a gym teacher and became pretty obsessed with it. I played in high school and could have played in university or college; I had a bunch of offers to play.

"But when I was 16, I went to New Brunswick for a wedding. When there, I discovered this was somewhere I'd want to go to school. So I went to University of New Brunswick. I wasn't recruited by them, they didn't know about me and basketball. But I didn't care; I just wanted to go for adventure; to go somewhere a kid from Timmins wouldn't normally go."

Sackaney tried out for the UNB men's basketball team, but with 15 players from the previous season returning to the squad, he failed to make the cut.

"When I got cut, I thought that was it; that basketball was out of life. I didn't play again until I moved to Fort Albany. So, I just focused on my studies," said Sackaney.

After graduating from UNB with a bachelor's degree in Psychology, Sackaney moved to Fort Albany in 2006 and joined the faculty of Peetabeck Academy.

According to Sackaney, "I thought I'd stay in Fort Albany for six months, just try it out, have a job, reconnect with family and hopefully find something back in Fredericton, where my girlfriend was.

"But one of the reasons I stayed was the whole basketball thing. It just kept snowballing. At first it started with just six kids for a few months, then some more wanted to come. Then sure enough we were at 12 or 14 kids, then 20, 25, 30. Now it's up to 40 kids."

In addition to his involvement with the basketball program, Sackaney's work as a counselor at Peetabeck Academy means

that he spends most of his time with the community's youth, both day and evening.

"The first few years were hard. There were a lot of pretty erratic behaviours that I had to deal with. Many of these kids are troubled and have issues. But I have a good grasp of some of these issues and I knew what I was up against," said Sackaney.

"But knowing what you are up against and experiencing it are two different things. The basketball has made a big difference. I was able to stay on track and provide the kids with a positive experience."

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Leading the basketball program has also helped Sackaney develop trusting relationships with students at the school.

"They understand that I am giving my time to them, and it makes it easier for them to open up to me and talk about things that are affecting them. They now know I am going to be here for a while; that I am not just here for a short time before I go away," continued Sackaney.

"Sometimes the kids say to me 'you have done so much for me'. What they really need to understand is that what they have achieved, they have done themselves; that they have always been capable."

Fundraising efforts key to success

Under Sackaney's leadership, the basketball program also provides youth with the opportunity to travel to places like Toronto, Sudbury, Thunder Bay and North Bay; cities that they may not otherwise have a chance to visit. However, for these young basketball players, a major highlight of the season is the Creehoops Scholastic basketball tournament, held each February in Moose Factory.

Creehoops Scholastic, often described as the regional tournament for the Cree of West James Bay (or the Ontario side of James Bay), provides kids from various Cree communities with the chance to showcase their basketball skills. For each of the past five years, the Fort Albany basketball program has sent as many as four teams to the tournament. The young players' efforts have been rewarded with championship trophies for both the intermediate girls' team and the high school boys' team.

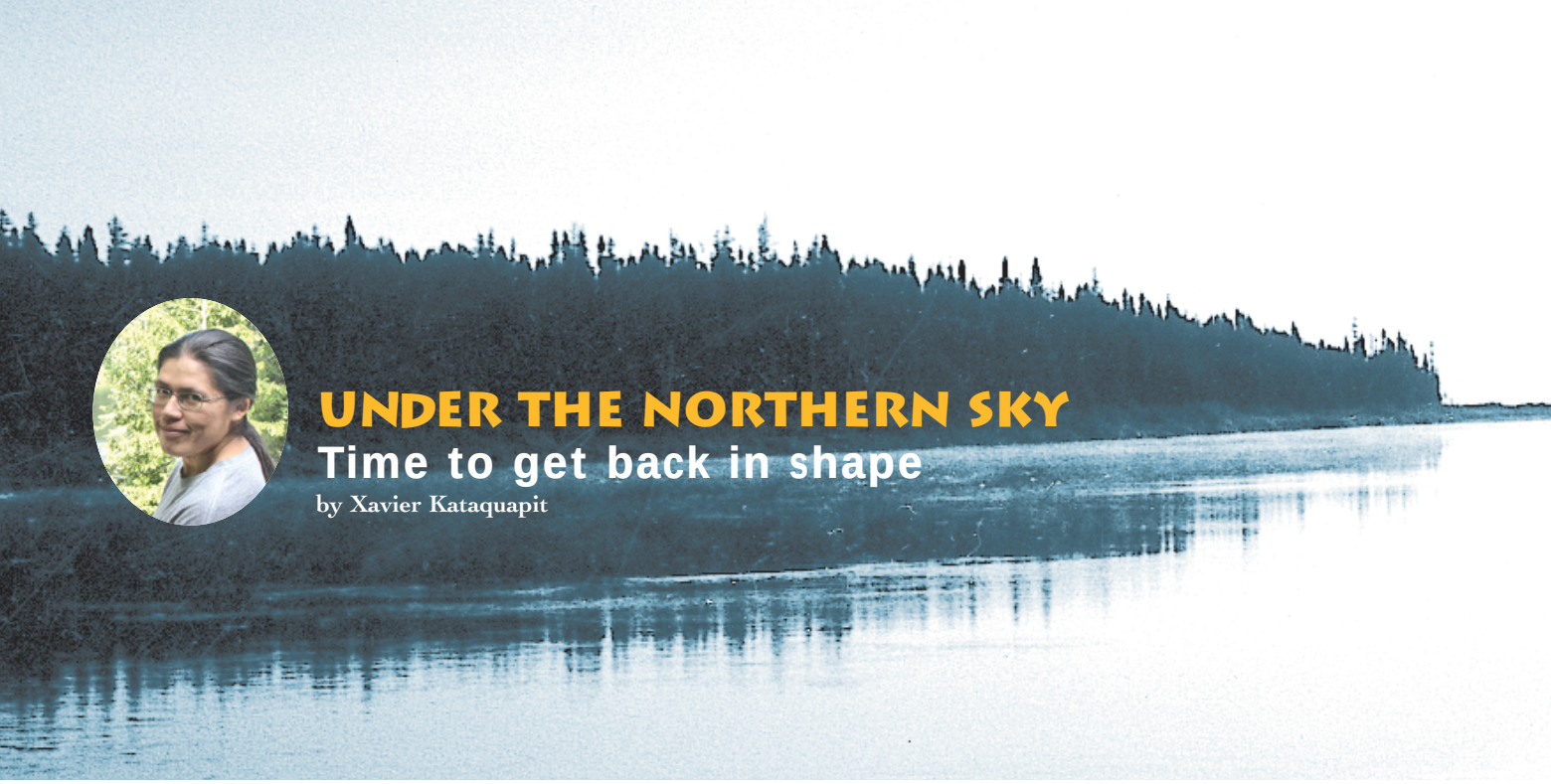
The biggest challenge that Sackaney and his young players currently face is raising the funds required to cover the cost of travel to tournaments like Creehoops. As a result, a fundraising campaign is currently underway to ensure participation in this year's tournament.

In addition to activities such as bingo and hockey pools, which provide significant funding for the program, Sackaney hopes to raise awareness and funds for the program through the Aviva Community Fund, sponsored by Aviva Insurance.

The Aviva Community Fund competition is designed to make a positive impact in Canadian communities – whether that's through providing new opportunities for at-risk youth, education, helping the environment, or cultural activities – by funding local and national initiatives for change. As part of the competition, participating programs, such as the Fort Albany basketball program, appeal for assistance via the Aviva Community Fund website. Visitors to the website then vote for the programs they feel are most deserving of funding.

"We are hoping to raise awareness through the Aviva Community Fund, but we need members of the community to visit our webpage and to vote for us," explained Sackaney.

To support the kids of Fort Albany, vote today at www.avivacommunityfund.org/ideas/acf11722



UNDER THE NORTHERN SKY

Time to get back in shape

by Xavier Kataquapit

We all know how people seem to be addicted to fast food. I recall those special times when my parents or family members would return from the south to our home in Attawapiskat with Kentucky Fried Chicken by the buckets. We would all gather around those buckets of pure heavenly fried chicken and it would be gone in a matter of minutes. KFC was the first to arrive on our doorsteps but soon after returning family members would be hauling back burgers and fries from McDonald's. An entirely new era of food offerings had made their way to Attawapiskat in the mid-1980s and my addiction to fast food had started.

Don't get me wrong I am not completely against fast food after all it is a free world and we are entitled to eat whatever we want to. It is just that at this point I realize just how bad it can be to eat too much of the fast-food taste treats that are available today. If you look at the nutritional value of these foods you will see that most of the content has little to do with real quality but lots of fat and sugar. A diet too rich in fat and sugar can be dangerous. In particular such diets are really bad for First Nation people because we seem to have a predisposition to diabetes and fast foods can contribute greatly to this terrible disease.

I remember a time when most of my friends I grew up with back home were in good shape. Most of us kids were trim, even skinny and we spent a lot of time on the land with our families gathering food or hunting. We also played out most of the time and got lots of exercise. With the coming of fast foods that returning travellers brought home it all changed. Today, in most northern communities so many children are overweight to the point where their health is in danger.

In the 1980s, we also started buying a lot of fast frozen foods at the local food store. It was easy to prepare, stored well and filled us all up. About the same time as we really began to change our diets in remote First Nations up the James Bay Coast, television became more accessible and the videotape era was well underway. That meant that we were all staying in more and sitting around watching television. Along, came satellite systems and we had a multitude of channels to choose from. We no longer had to leave our home to experience so much of life. We could simply spend most of our day watching TV while we ate fast food.

These days things are really critical when it comes to the overall fitness and general health of young First Nation people. With the introduction of the computer in the late '80s and '90s, an entirely new form of socializing, entertainment and news has invaded our communities and homes. These days it is unusual to see young First Nation people outside playing because most of them are in the house watching TV or they are online chatting with friends and surfing the net. However, this is not merely affecting the children as most adults have also bought into this new lifestyle. The result is that most people I know these days are overweight both Native and non-Native. We are seeing higher rates of health disease and diabetes in younger people and most of them are overweight. What a sad situation.

Is there a way out of this? Well, that depends on how much our governments and the education and health systems decide to spend on prevention. We need major advertising and education campaigns to help us out. We need initiatives and events that inform the public of the dangers of bad diets, overeating and sedate lifestyles with little or no exercise every day. If you care about the health of your children and those of future generations, you should be asking your school boards to make sure that a big part of the curriculum is devoted to this type of education. It is time to get back in shape.

EMPLOYMENT OPPORTUNITY

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Job Position: CONSTRUCTION MANAGER
Location: WEMINDJI QUEBEC

JOB DESCRIPTION

- Plan and define project goals and devise site construction methods to accomplish them; develop in-depth knowledge of client objectives, contract terms, and corporate policies.
- Plan, direct, supervise, and control the execution of all business, technical, fiscal, and administrative functions at the construction site of the assigned project.
- Act as the company repersentive at the site of the assigned project, with the client and selected suppliers during the project construction execution.
- Mobilize company resources, through effective liaison with the support departments, other offices, or subsidiaries, to create project construction teams capable of completing effective, quality construction work at the site.
- Monitor and report to management on the progress of all project construction activities, including significant milestones and any conditions, which would affect project cost or schedule.
- Oversee establishments of construction work plan, health and safety plan, quality assurance/quality control plan and other programs.
- Manage and develop construction budgets, schedules and plans of assigned projects.
- Implement, manage and plan project construction operations in accordance with company, client and agency health, safety & environmental policies and regulations.
- Negotiate changes to the scope of work with the client, in collaboration with the project manager.
- Assist project manager and business development in understanding client issues and business plans in order to market and secure new/additional work.
- Assign responsibility for executing project construction plans to key subordinates after careful assessment of how to utilize their qualifications and strengths, and provide input to performance reviews and development plans for subordinates.
- Devise, recommend, and execute action plans to rectify potential cost overruns, delays or to accommodate significant changes to the construction scope of work, and appropriately advise the project manager, client and company management of any such changes.

QUALIFICATIONS

- Bachelor's degree in construction management, engineering, or related field.
- Proficiency using office suite programs (i.e. Word, Excel, PowerPoint & Outlook) and database/reporting systems required.
- 10 years of experience in construction management on construction related projects.
- Knowledge of the practical application of construction and engineering principals. This includes applying principles, techniques, procedures, and equipment to the design and execution of construction projects.
- Knowledge of business and management principles involved in strategic planning, resource allocation, human resources modeling, leadership technique, production methods, and coordination, of people and resources.
- Knowledge of scheduling, cost controls, and organizational practices.
- Ability to perform work in a reliable, responsible, ethical, and dependable manner, fulfilling obligations.
- Ability to organize and prioritize work, meet deadlines, maintain confidentiality, manage competing demands, accept criticism and provide constructive feedback; while being extremely adaptable and flexible
- Ability and willingness to travel and work at on-site field locations.

SALARY

- Depending on qualifications and experience, negotiable

DEADLINE FOR APPLICATIONS

November 18th, 2011

PLEASE ADDRESS APPLICATIONS TO:

HR COMMITTEE
Tawich Construction Inc.
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Wemindji, James Bay, Quebec

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1-819-978-3253 fax

Email gilbert@creenet.com
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CLASSIFIEDS

BIRTHDAYS

I would like to say happy 1st birthday to our daughter Scarlett Jenny-Rose Salt, on November 4th, 2011 and many more to come. Wow time does fly so fast, it's like you were born yesterday. We love you so much! Hugs & Kisses :) Love, Mom (Jennilee Salt) & Dad (Shayne Frank)

We want to wish our adorable granddaughter Scarlett Salt a very happy birthday on November 4th, 2011. Happy 1st birthday! We love you! Lots of hugs & kisses xoxoxo From, Gookum Judy & Joomshum John House

To a wonderful niece Scarlett Jenny-Rose Salt:

A loving wish for you

For a life that's filled with happiness

No matter what you do!

Happy 1st birthday Scarlett and many more to come! Enjoy your special day, hugs & kisses, and a few words to show just how much we love you and we wanted you to know you're so very precious! xOx From Rachel, Darren & Darrian-River :)

To my beautiful daughter, Faith Chastity Joy Shashaweskum: I was very blessed to have you on November 1st, 1998. I have watched you through the years; laughing, crying, and growing and I just can't imagine a day of my life without you because you're a part of me and my love for you is true. You are the greatest happiness in my life and I thank God for this gift, the gift of choosing me to be your mother. Thanks for the gifts of love and laughter! I wish you a very happy birthday. You have become a TEENAGER! I LOVE YOU FOREVER, from Mom Sabrina XOXO

HOLIDAY GREETINGS

Hello, we are presently looking for anyone in Chisasibi who would be willing to donate or give us some old office furniture, desk, chair, bookshelves, if you know anyone or if any entity would like to donate something of the sort that they don't need anymore, please email fwjcym@gmail.com and we'll gladly pick up the items at our cost. Thanks in advance! Ancita Bugden 819-855-7910

PUBLIC SERVICE ANNOUNCEMENTS

Where to get help: bilingual, anonymous, confidential and free phone services, 24 hours a day, 7 days a week.

Missing Children's Network: They'll help you find kids who have run away or disappeared. 514-843-4333.

Kid's Help Phone Line: 1-800-668-6868 (www.kidshelpphone.ca)

Youth helpline: 1-800-263-2266 (www.teljeunes.com)

Parent helpline: 1-800-361-5085 (www.parenthelpline.ca)

Drugs: help and reference: 1-800-265-2626 (www.drogueaidereference.qc.ca)

Gambling: help and reference: 1-800-265-2626 (www.info-reference.qc.ca)

S.O.S. Conjugal Violence: 1-800-363-9010 (www.sosvioleneconjugale.com)

Health and Sexuality resources center: 1-888-855-7432 (Monday to Friday, 9 am to 5 pm) (www.criss.org)

Gay Helpline: 1-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, 11 am to 3 am)

The Native Women's Shelter of Montreal: 1-866-403-4688. (www.nwsm.info)

Suicide Action Québec: 1-866-277-3553

Residential School Survivors: A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: 1-866-925-4419. Other support services and information for survivors is available on the AFN website at: http://www.afn.ca/residentialschools/resources.html

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CALL FOR PROPOSALS

Homelessness Partnering Strategy, Rural and Remote Homelessness

The Government of Canada is now accepting funding applications from organizations in Nord-du-Québec interested in obtaining financial assistance to meet the needs of people who are homeless or at risk of homelessness.

Projects in areas with a population of 25 000 or less will be considered first. Projects in areas with a population of more than 25 000 may be considered, depending on the availability of funds.

Deadline for applications: November 25, 2011, at 4 p.m.

To receive an application kit or for more information: Dominique Morin: 819-764-6711, ext. 304

Email: dominique.morin@servicecanada.gc.ca

APPEL DE PROPOSITIONS

Stratégie des partenariats de lutte contre l'itinérance, Itinérance dans les collectivités rurales et éloignées

Le gouvernement du Canada accepte les demandes de financement présentées par des organismes du Nord-du-Québec souhaitant obtenir une aide financière pour répondre aux besoins des personnes qui sont sans abri ou qui risquent de se retrouver sans abri.

Les projets visant les localités de 25 000 habitants et moins seront d'abord considérés. Ceux visant des localités de plus de 25 000 habitants pourront être considérés selon la disponibilité des fonds.

Date limite : le 25 novembre 2011 à 16 h

Pour obtenir une trousse de demande ou des renseignements : Dominique Morin : 819-764-6711, poste 304

Courriel : dominique.morin@servicecanada.gc.ca

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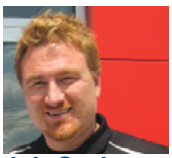

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Currently in production: "Tales from Kilometre 509" is a documentary TV series about unidentified aerial phenomena (also known as UFOs) that have been witnessed in and around Cree communities. From the unexplained to the all-too-explainable: it is a slice of truly contemporary Native mythology.

Have you ever seen a UFO in the James Bay skies, or do you know anyone who has?

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